

Health and Wellness Grade Five

Mrs. Mitchell

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Goals for Health and Wellness class:

- Increase the level of understanding the importance of personal wellness
- Build skills to attain personal health goals in the area of physical, mental and social health
- Create a positive atmosphere for learning and respecting each other

Topics:

- Mental/Emotional health: self-esteem building activities , growth and development during adolescence
- Social health: developing positive peer relationships
- Physical health: designing wellness goals that promote positive choices for the body.

Classroom materials: folder with a notebook and pencil/pen

Each class you will be using your wellness folder therefore during attendance you must have your folder with you at the beginning of class. During attendance you will be asked if you have a "3"? The 3 includes: folder, notebook and pencil/pen. If you have all 3 items your will respond "yes , I have a 3" and if you only have 2 items,

then you say "2" and so on. This is a part of your overall grade and will determine the difference between an Excellent, Satisfactory or Unsatisfactory grade.

Grading: Your grade is determined by the following:

1. Your folder and notebook
2. Participation in class activities
3. projects: journals, posters, role plays

Class Ground Rules: Our class will run on the theme of RESPECT.

Please raise your hand to speak

One person speaks at time

No put downs

Be on time and be prepared

Warning System:

You will be given a warning if you are not following the ground rules. If you receive a second warning you will serve a detention with me at an appointed time.

Student Signature:

Parent Signature: